

# Weekly Menu for Children (5 Day - Week 3)

Week of: \_\_\_\_\_

Child Care Provider Name: \_\_\_\_\_

Type	Component	Minimum Serving			Date:	Date:	Date:	Date:	Date:
		1 - 2 Years	3 - 5 Years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid	1/2 Cup	3/4 Cup	1 Cup	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
	Vegetable, Fruit or Juice	1/4 Cup	1/2 Cup	1 Cup	Banana	Peaches	Honeydew Melon	Mandarin Oranges	Fruit Cocktail
	Breads/Grains/ Dry Cereal	1/2 slice, 1/4 Cup, 1/3 oz	1/2 Slice, 1/4 Cup, 1/2 oz	1 Slice, 3/4 Cup, 1 oz	Whole Grain Waffles	Whole Wheat Toast	Oatmeal	Rice Chex	Granola Bar
Lunch	Milk, Fluid	1/2 Cup	3/4 Cup	1 Cup	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
	Meat or Meat Alternate	1oz, 1/4 Cup, 4 oz	1 1/2 oz, 3/8 Cup, 6 oz	2 oz, 1/2 Cup, 8 oz	Pita Pockets (Turkey & cheese)	Dragon Treats* (Chicken)	Fancy Fish*	Pancakes (Scramble Eggs)	Pizza Party Pita* (Beans and cheese)
	Breads/Grains/ Pasta/Rice	1/2 Slice, 1/4 Cup	1/2 Slice, 1/4 Cup	1 Slice, 1/2 Cup	Pita Pocket (Whole Wheat Pita Bread)	Dragon Treats* (Whole Wheat Tortilla)	Whole Grain Bread Roll	Whole Wheat Pancakes	Pizza Party Pita* (Whole Wheat Pita Bread)
	Vegetable or Fruit	1/4 Cup Total	1/2 Cup Total	3/4 Cup Total	Applesauce	Pears	Apples	Seasonal Fruit Salad	Orange Slices
					Vegetable Medley (Carrot/Cauliflower/ Broccoli)	Dragon Treats* (Mixed Vegetables)	Cooked Carrots	Bunny Sticks* (Sweet Potatoes)	Pizza Party Pizza* (Tomato/Spinach/ Tomato sauce)
Snack (Select 2)	Milk, Fluid	1/2 Cup	1/2 cup	1 Cup					
	Vegetable, Fruit or Juice	1/2 Cup	1/2 Cup	3/4 Cup	Fruit Pizza** (Diced Fruit Mix)	Veggie Patch Bagel Bites** (Diced veggies)	Apple Yogurt**	Corn & Black Bean Salsa**	
	Breads/Grains/ Dry Cereal	1/2 slice, 1/4 Cup	1/2 Slice, 1/3 Cup	1 Slice, 3/4 Cup	Whole Grain English Muffin	Whole Wheat Mini Bagels	Granola	Baked Whole Grain Chips	Power Barbells** (Mini Pretzel Sticks)
	Meat or Meat Alternative *Yogurt	1/2 oz *2oz	1/2 oz *2oz	1 oz *4oz			Yogurt		Cheese Cubes
Water First for Thirst!					WATER	WATER	WATER	WATER	WATER

\* Recipe is available on the back side of the menu

\*\* Recipe is available on the Healthy Children, Healthy Weight Snack List